

## PRIORITIZATION FACTORS AFFECTING ELDERS' LEISURE TIME

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**Abstract.** The aim of present study was to prioritize Factors affecting Elders' leisure time. This study was descriptive-analytic and is applied research. The population of this research, included faculty members, managers and experts from the Department of Sports Federation and athletics public sport and athletics competition sports and athletics rural sports Federation and sociologists (N=300) that was done as The total number. In order to data collection a researcher made questionnaire was used and for data analysis, both descriptive and inferential statistics were applied. validity of the questionnaire was confirmed by 15 experts and used with 0/80 Cronbach's alpha. In this study, were used descriptive and inferential statistics as Kolmogorov-Smirnov test and Friedman test order to analyze data. Results indicated that there is a significant difference on mean of rank for the factors affecting leisure for the elderly and their rank includes managerial and political, economic, facilities, educational, exercise, health, individual-environmental, and cultural-social factors with mean of 4.21, 4.12, 4.08, 3.42, 3.31, 3.16, 3.01 and 2.81, respectively.

**Keywords:** leisure time, elders, Prioritization

## 1. INTRODUCTION

Aging population refers to one of the phenomena at our age which it can less cope with it and it can certainly progress, and it might perhaps have the most outcomes in itself (Beauvoir, 1985). Aging phenomenon is the result from natural time passing which results in physiological, mental and social changes; aging is not a phenomenon for a certain group, but all people will gradually experience it (Ebersole et al., 1988). Topic of leisure ref to one of the evident issues, appeared as a major element of

human needs in contemporary life (Azarmi, 2004). Significance of leisure in people's today life is in such a way that it requires making a suitable planning so as to use (Ziapour, 2013). However, proper management on leisure is of great importance for all social classes and it should make planning by study on people's conditions, properties, facilities, willingness and interests, but a class of people(the elderly) requires special attention and different outlook. The elderly more than the past have been mentioned as the huge class in human communities. The most important reason for this is increase in humans' lifetime in most of the countries worldwide (Jalali, F. M. 2012).

Involvement in leisure activities affects various aspects of life and also affects the person's attitude towards the around world; in addition, by increased age, people's involvement in social and physical activities of leisure decline (Chang, Po-ju, 2014).

The major point is that the elderly population will increase with increasing growth rate of the total population by time passing. It is evident that it should make an immediate action to face this situation in future. Thus, planning should be made for the elderly before emerging a critical situation is a required action so as to let the

elderly enjoy productive and happy aging period and live as a an integrated part of the community (Saberian et al., 2002) Researchers in sports and leisure have put emphasis that governments have not just insist on providing future facilities and better programs and instructors for the elderly but also have to create further opportunities for the elderly to participate in leisure activities so as to reduce various person problems of the elderly such as depression, isolation and stress (Lee HB, 2006). Majority of the elderly have still enough ability and use of leisure at their life is a major issue. The elderly population implies having the elderly who have more free time after retiredness, thus leisure at their life is a major issue. In all elderly's needs, leisure activities are of great importance. As people make action to have life with higher. standard, they have to be more serious on adjusting their leisure activities (Wang, H. 2014) nowadays, considering the planning for leisure refers to one of the major economic, social and political issues in today's community and how to make balance between supply and demand refers to one of the most important issues faced by the governmental practitioners and officials. Leisure enrichment refers to one of the major needs of the elderly. It can create better moments for the elderly by planning at this area.Planning for leisure for all the individuals in the community including the elderly has not still become a major concern for the affiliated organizations at this area and has not also become their next preferences. However, presence of the elderly has not been avoided at any space explicitly, no facility has been considered for them nowhere in the community, and as a result this has caused their unwillingness for presence at community. The elderly are the treasure of valuable experiences which it should benefit from their presence in community Majority of researchers have mentioned role of leisure in future life as a factor in successful aging and abundant benefits of leisure in successful aging.

Researchers have claimed that leisure plays a major role for the elderly in terms of successful aging. Nimrud has stated that leisure activities help for retired elderly's life satisfaction (Nimrod, 2007). Significance of study on Leisure and recreation and conditions of the elderly lies on this fact that the elderly are threatened due to the factors such as arrival to retirement, lack of work, loneliness, lack of social support, industrialization of societies and emotional separation from family (Silverstei, M, Parker, MG., 2002). The advantages to participate in leisure activities for the elderly include Improvement in brain function, prevention from memory loss, fight with inability due to disease, and improvement in neuromuscular transmission (Lien, 2002). Involvement in leisure activities plays a major role in Successful Aging which these activities pave the way for the elderly to improve their physical performance, increase positive feelings and emotions and improve social interactions (Leigey et al., 2009 & McCrory, J. L et al., 2009). Tondnevis (2013) examined leisure and recreational sports Tehran citizens, which the results indicated a significant difference between the amount of leisure time men and women and men have more leisure time with average of 92/8 than woman with average of 60/7. Rahimi et al. (2010) examined the elders' experiences in Tehran in the context of leisure time and recreations, which the results indicated that the elders do not enjoy the satisfactory leisure pattern regarding the participants' experiences on the concept under study. The results Payne et al. (2006) indicated that leisure time has a positive effect on the physical health of elders, while repeated social interaction with

friends in leisure time has a positive impact on mental health of elders. The results Samir et al. (2014) indicated that there is the relationship between level leisure and social activities with intellectual disability or dementia.

## 2. RESEARCH METHOD

The research method is a descriptive-analytical method; this research is an applied study. The statistical population consists of the faculty members of universities, managers and specialists at Championship Deputy, General Sports Federation and rural sports federation and the sociologists. Data collection instruments include 1 research-made questionnaire. In this study, content and face validity has been confirmed by 15 experts. Factor analysis was used for the construct validity and reliability of the questionnaire was calculated via Cronbach's alpha equal to 0.80. In the present research, both descriptive and inferential statistic methods have been used. In the present research, firstly demographic characteristics in the research samples have been described and Kolmogorov-Smirnov test was used to examine normality of data and Friedman test order to analyze data. In the present research, software SPSS22 was used.

## 3. RESULTS

firstly the descriptive information on the research samples have been described based on variables of gender and education and then findings of the present research in form of response to the research questions have been proposed.

descriptive findings

Table 1. Sex samples

gender	frequency	Percentage
male	202	67/3
female	98	32/7
total	300	100

Table 1 indicate that 202 and 98 persons are men and women, respectively.

Table 2. Education samples

Education	frequency	Percentage
BS	35	11/7
MA	80	26/7
phd	185	61/7
total	300	100

Table 2 indicate that 35, 80 and 185 persons in the sample groups have bachelor degree, master degree and PhD, Respectivel.

Inferential findings

Results from Kolmogorov–Smirnov test for normal distribution of data

Table 3. Kolmogorov–Smirnov test to examine normality of data

Questionnaire	No	Mean	Standard deviation	k-s statistics	Sig
Prioritization Factors affecting Elders' leisure time	300	52/3	16/0	38/3	431/0

With regard to the results from table 3, it can conclude from K-S test that since values of sig for the questionnaire are greater than test level ( $\alpha=0.05$ ), all the variables of the questionnaire

have normal distribution.

Question 1- there is a significant difference between Prioritization of factors affecting leisure for the elderly.

Table 4. rank of factors affecting leisure for the elderly

Problems	Mean	Rank
managerial and political factors	21/4	1
economic factors	12/4	2
facilities	08/4	3
educational factors	42/3	4
exercise factors	31/3	5
health factors	16/3	6
environmental-individual factors	01/3	7
sociocultural factors	81/2	8

Table 5. results from Friedman test to determine difference of rank of factors affecting leisure for the elderly

No	350
Chi-square value( $\chi^2$ )	38/41
Freedom degree	7
Sig	001/0

Results from tables 4 and 5 indicate that it can conclude regarding value of  $\chi^2$  and  $P < 0.05$  that there is a significant difference on mean of rank of factors affecting leisure for the elderly and their rank includes managerial and political, political, facilities, educational, exercise, health, environmental-individual and sociocultural factors.

#### 4. DISCUSSION AND CONCLUSION

The aim of present study was to Prioritization Factors affecting Elders' leisure time. Results indicated that there is a significant difference on mean of rank for the factors affecting leisure for the elderly and their rank includes managerial and political, economic, facilities, educational, sports, health, individual-environmental, and cultural-social factors with mean of 4.21, 4.12, 4.08, 3.42, 3.31, 3.16, 3.01 and 2.81, respectively. Since this subject of research has been studied for the first, evidences related to it have not been found. Prioritization refers to one of the most important dues of planners and politicians in the field of leisure. Determination and classification of priority for leisure and recreational activities refer to the associated concerns and assignments in developing macro policies. All governments have almost used all available efforts and facilities to avoid carelessness, promiscuity, violence and public activities incompatible with chastity in prioritizing leisure activities of their communities and provided and insured all the healthy activities which are far from the cultural, physical and psychological degradation of society and protected the classes of society from any corruption. Priorities should be considered in

planning for leisure. To have a suitable and effective planning for leisure activities, a special attention has to be paid on major factors and prioritization of factors and ranking them. Needs are met based on their degree of importance and explained step by step for the individuals. The factors which are at higher ranks need more accuracy and it is better to pay more attention to them. On one hand, political and managerial factors as the most important factor in developing enrichment of leisure for the elderly indicate managerial weakness, use of improper policies in the country, lack of planning and suitable protective programs, and on the other hand indicate significance of this factor for the leisure for the elderly. Practitioners, officials and planners for the elderly's leisure in country are suggested to put prioritization in their agenda in both field of leisure activities for the elderly and factors affecting elderly's leisure. Prioritization of this research in field of factors affecting leisure which has been conducted by help of experts has helped the planners and officials in the elderly's leisure.

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